

Enfield Catering Services

Dedicated to Food, Health and Education

Winter 2017 / Spring 2018

Newsletter

Introduction

Welcome to the fifth edition of our newsletter which we hope you enjoy reading. We strive to keep parents up-to-date with the latest news and events and would like to thank you for supporting our dedication to Food, Health and Education. Research has shown that a healthy balanced meal at lunch time helps children concentrate in their lessons as well as provide vital energy to make the most of the school day.

Power To Learn and Play!
A School lunch is great value and includes a freshly prepared lunch with a dessert, a drink and unlimited visits to the salad bar.

What's Powering Yours Kids?

ECS join the Food For Life campaign to improve awareness of good food and highlighting that when it comes to school food, we should always consider quality first! We champion local food producers and source sustainable and ethical ingredients. The *Food For Life Served Here (FFLSH) Award* also recognises that we are serving food that is freshly prepared on site, free from controversial additives and artificial trans fats.

Celebrating a brand new kitchen and great school food at Brimsdown Primary

Pupils and parents at Brimsdown School had a special treat recently, not only did they see their brand-new school kitchen completed, but they also received a visit from the Soil Association to celebrate Enfield Catering Services Silver FFLSH award and officially acknowledge the high standards achieved in the 19,000 meals served to young people across the borough every day.

During the event parents and pupils had the opportunity to try some of the dishes from our new Winter/Spring menu.



The feedback was excellent with parents commenting on how tasty the dishes were and pupils going up for an extra taster portion. Representatives from the Soil Association interviewed Dani Lang Headteacher, Cllr Ayfer Orhan, Julia Dowsett ECS Head of Service and pupils from Brimsdown on issues such as why food quality is so important to them and how this new kitchen will improve their lunchtime experience.

To find out more and view the video please visit www.myschoollunch.co.uk/enfield



Headteacher Dani Lang, Cllr Ayfer Orhan and Chair of Governors Ingrid Cranfield with kitchen staff at Brimsdown Primary

 **Enfield School Meals**

 **Enfield Catering**

www.myschoollunch.co.uk/enfield

ENFIELD
Council 

Good Food for London report

Enfield continues to lead the way in London when it comes to activities around food and health! The recently launched Good Food For London report shows ECS scored highly for animal welfare, sustainable fish, healthy catering, London Living wage and food for life. To see the report and borough league table visit www.sustainweb.org



Second from right, Service Manager Julia on the stage at City Hall at the launch of the report, with other London Catering Managers

New Winter / Spring menu is launched 6th November!

Our new more flexible Winter/Spring menu launched early November 2017 full of hearty dishes to keep everyone warm and ready to learn. Our Menu Development Chef Tony has created some fantastic new recipes while enhancing some of the favorite dishes that pupils love. Our Nutritionist Alison ensures all of the meals provided are not only tasty but also nutritionally balanced. Parent and pupil taster events are held throughout the borough to give the new dishes a trial run before they go live. Our new dishes include:

- Salmon Fishcake, moist chunks of fresh salmon flavoured with parsley and packed with omega 3
- Lentil and Vegetable Roast, provides pupils with iron, protein, vitamins, minerals and fibre!
- Slow cooked Lamb and Vegetable Pie in a rich gravy topped with golden puff pastry, delicious!



To see the menu for your school go to 'What's on the menu' at www.myschoollunch.co.uk/enfield

Healthy Eating Week at Carterhatch Infants School

"On behalf of all of the children and staff at Carterhatch Infant school, I would like to thank your team for supporting us to celebrate Healthy Eating Week. It really has been a very exciting time, with something new to look forward to every day. Our parents also had a wonderful time sampling nutritious dishes from the current lunchtime menu. It was so lovely to see parents engaging with the Catering Team in this way! Alison (ECS Nutritionist) also involved parents with top tips during our nutrition coffee morning. What a fantastic week it has been and has really brought healthy living to the forefront of the children's minds! We look forward to continuing our healthy living journey with you to raise awareness and educate our children to keep their bodies the healthiest they can be!"

Lily Hobdell, Healthy Living Lead, Carterhatch Infants School



Enfield Catering Services In numbers

Food For Life Served Here Silver Award Holders (FFLSH)

92%

meals served are freshly prepared by expert staff

Versus 75% level required for Silver FFLSH

65

schools covered by Enfield's FFLSH award

19,000

school meals served each day in the borough of Enfield by ECS

100%

of our meat is UK farm assured

8%

total ingredient spend is on organic food

Versus 5% required for Silver

100%

of our fish is from sustainable sources

89%

take up Infant Free School Meals

Versus 85% national average

71%

total raw food spend is on UK produced food

Versus 60% national average



Photo Gallery



Left: Penny, Unit Chef Manager at Enfield County School

Below: Pupils enjoying lunch at Wilbury Primary School



Below: George Spicer welcome Reception pupils to their first school lunch and parents get to try some too!



Above: Cllr Ayfer Orhan at Worcesters Primary School



Celebrating Black History Month



Above: Wilbury School

Right & below: Raynham School



Above: Eversley School



Left: British Food Day at Raglan School

Below: Chesterfield School celebrate British Food Fortnight



Left: Homemade cakes at St Edmunds school marking Remembrance Day

Thank you to St Andrew's Southgate for the wonderful feedback!

To our school dinner heroes!
 Thankyou for sustaining
 our pupils everyday with
 your yummy food and
 such welcoming smiles.
 You are all fab!
 cherris

Dedicated to Food, Health and Education

The ECS branding project is now complete. Bright and uplifting designs to promote healthy eating including menu board displays with the latest menu and daily choices, as well as interesting information about the food that is being served.



Fleecefield School

Healthy Eating Week at Enfield County

Alison (dedicated ECS nutritionist) focused on looking at the importance of calcium in our diets!

Did you know...Childhood is an important time for building strong healthy bones, and getting enough calcium is an essential part of this. The national Diet and Nutrition Survey reported that 15% of all 11-18 year olds are not getting enough calcium from their food. This figure is higher for girls – almost 20%.

Did you know...?

ECS only uses recycled or compostable disposables, and some are made from plant material such as corn starch or sugar cane!



Free School Meals

You may be entitled to receive free school meals. It is really important to register your child for free school meals as this also ensures that the school receives extra funding for your child ("pupil premium"). Please contact your child's school for further information or you can call pupil benefits on **020 8379 5367** or email freeschoolmeals@enfield.gov.uk

All pupils in reception, year 1 and 2 are entitled to receive a school meal at no cost to the parent.

Parent & Pupil Survey 2017

Complete our online survey and you could win a Kindle Fire and case! Simply go to www.myschoollunch.co.uk/enfield and click on 'Win a Kindle Fire!'

Closing date for the survey is Friday 1st December, don't miss out we want to know what you think!



Glorious Eggs

New scientific evidence shows that vulnerable people (elderly, children and pregnant women) are now safe to eat raw or lightly cooked eggs produced under the British Lion egg scheme. The change in advice is as a result of improved hygiene on farms and better testing for the presence of salmonella in eggs. Eggs are an extremely versatile food and can form the base of dishes eaten for breakfast, lunch, dinner or snacks! Eggs are a good source of a range of B vitamins which are important for a healthy nervous system, selenium which helps to maintain a strong immune systems and vitamin D which plays an important role in keeping bones and muscles healthy. Eggs are also a great source of protein. Remember, the new guidance is only in relation to eggs produced under the British Lion egg scheme. Check out our menu for some of our egg based dishes including a cheese flan and mushroom frittata!

ECS are holders of the 'Good Egg' award and only use free range eggs.



Tony's Recipe of the month



Salmon Fishcakes

Portions: Serves 4-6 people

Ingredients

Salmon cooked and flaked (tinned is OK)	400g / 14oz
Mash (fresh boiled potatoes)	300g / 10½oz
Eggs	2
Chives finely chopped	1 tbsp
Finely chopped parsley	½ tbsp
Breadcrumbs	500g / 1lb
Seasoning	To taste
Fresh Lemon Juice	1 tbsp

Method

1. Add the flaked Salmon to the mashed potato, chives and chopped parsley.
2. Add the Lemon, mix well and season.
3. Divide into portions and make into patties about ½" thick.
4. Chill the fishcakes for about 20 minutes to firm.
5. Put beaten egg in one shallow tin and breadcrumbs in another.
6. Dip the patties into the egg and then into the breadcrumbs.
7. Bake them in the oven (180°) for approx. 30 minutes.

(For some spice, add a chopped fresh chilli or two!)

Allergen Information

Please check ingredients for allergens.



Dear Parent/Guardian

Please find the menu at your child's school on the reverse of this leaflet. We really hope they enjoy eating our lunches and you can be assured that they are full of nutritional goodness. We are very proud to have achieved the Food For Life Served Here award for the following reasons:

- ✓ Our food is freshly prepared on site.
- ✓ We use local and seasonal produce.
- ✓ All our eggs are certified as free-range, and we hold the "Good Egg" award from Compassion in World Farming.
- ✓ We use fresh meat from a wholesale butcher, and it is farm-assured as a minimum.
- ✓ We are fully certified by the Marine Stewardship Council (MSC), meaning our fish comes from sustainable stocks, and thus does not contribute to over fishing.
- ✓ A selection of organic ingredients are used to prepare fresh meals, supporting a system which provides animals with a better quality of life and encourages biodiversity. Our Yeo Valley Yogurts, milk, oats, baked beans, wholemeal flour and tinned tomatoes are all certified organic.
- ✓ All our menus meet the Government Nutrition Standards and we can cater for medically confirmed special diets.
- ✓ We have been awarded The Good Dairy Commendation from Compassion in World Farming.
- ✓ Our disposable goods are recycled/fully compostable.

School meals are good value!

A school lunch includes a freshly prepared meal with a dessert, a drink and unlimited visits to the salad bar and can cost less than a cup of coffee from a coffee shop chain. In addition a healthy, balanced meal is great for energy and vital for a child's health and development. Research has shown a school meal helps pupils concentrate in their lessons therefore enhancing learning.



Free School Meals: What You Need To Know

All pupils in Reception, Year 1 or Year 2 are able to receive a school meal at no cost to the parent or guardian. School meals in Enfield are healthy, tasty, social and fun. Choosing a school lunch for your child/children will help save you up approximately £400 per year if you take up the offer.

It is still really important that you still register your child for Free School meals if your child is in Reception, Year 1 or Year 2 – to ensure the school receives extra funding for your child's education ("The Pupil Premium").

It is still necessary to register your child for this even if you do not want your child to receive a free meal. Please ask at your child's school office, or call Pupil Benefits on **020 8379 5367** if you haven't already completed this form.



What about my children in years three to six?

If your family receives certain benefits or is on a low income, your other children in years three to six could also be eligible for a free school meal. It costs nothing to apply but could save you money and the school receives the extra funding for your child's education. To find out if you qualify, and how to apply, either:

- Ask at your child's school
- Visit www.enfield.gov.uk
- Call the Pupil Benefit Helpline on **0208 379 5367** or email freeschoolmeals@enfield.gov.uk

Contact us

For more information about school meals
Email: enfield.catering.services@enfield.gov.uk
Visit: myschoollunch.co.uk/enfield
Follow us on Facebook: 'Enfield School Meals'
Follow us on Twitter: @EnfieldCatering



School Food

Never underestimate the importance of good food at lunchtime

Menu Information Winter/Spring 2017/18

School Lunch Menu Winter/Spring 2017/18

Week 1

Monday

Oven Roasted Sausages with Mash & Onion Gravy
Linda McCartney™ Vegetarian Sausages with Mash & Gravy (V)
Cold Option: Tuna & Cucumber High Fibre Roll
Garden Peas & Sweetcorn
Mini Ginger Bread Man

Tuesday

Pasta Bolognese with Homemade Crusty Bread
Tomato & Vegetable Melt (V)
Cold Option: Cheese & Tomato Sandwich (V)
Mixed Vegetables
Organic Yeo Valley™ Fruit Yogurt

Wednesday

Sticky Chicken Drumsticks or Fillet
Homemade Lentil & Vegetable Roast (V)
Cold Option: Chicken Salad Wrap
Organic Carrots & Garden Peas
Roast Potatoes
Homemade Rice Pudding with Peaches

Thursday

Cottage Pie
Spanish Rice (V)
Cold Option: Cheese Salad Sandwich (V)
Green Beans & Cauliflower
Oaty Apple Crumble with Custard

Friday

Margherita Pizza (V)
MSC* Salmon Fishcake
Cold Option: Egg Mayo High Fibre Roll (V)
Organic Baked Beans, Sweetcorn & Oven Chips
Chocolate Cracknel

Week 2

Monday

Kickin' Chili served with Rice (mild)
Potato & Onion Tortilla (V)
Cold Option: Cheese & Tomato Sandwich (V)
Baby Carrots & Sweetcorn
Organic Yeo Valley™ Fruit Yogurt

Tuesday

Macaroni Cheese with Homemade Bread (V)
Chicken Chasseur with Mash
Cold Option: Tuna & Cucumber High Fibre Roll
Mixed Vegetables
Chocolate & Beetroot Cake

Wednesday

Beef Meatloaf/Lamb Meatloaf with Gravy
Quorn™ Roast (V)
Cold Option: Chicken Salad Wrap
Broccoli & Baby Carrots
Roast Potatoes
Bread Pudding

Thursday

Chicken & Vegetable Jollof Rice
Cheese & Leek Flan with New Potatoes (V)
Cold Option: Tuna & Cucumber Sandwich
Sweetcorn & Green Beans
Jam Sponge with Custard

Friday

Harry Ramsden™ MSC* Fish Fillet
Vegetarian Stromboli (V)
Cold Option: Egg Mayo High Fibre Roll (V)
Organic Baked Beans, Garden Peas & Oven Chips
South African Crunchies made with Organic Oats

Week 3

Monday

Margherita Pasta Bake (V)
Mushroom Frittata (V)
Cold Option: Cheese & Tomato Sandwich (V)
Sweetcorn & Baby Carrots
Organic Yeo Valley™ Fruit Yogurt

Tuesday

Minced Lamb/Beef & Vegetable Pie & Mash
Linda McCartney™ Vegetarian Pie & Mash (V)
Cold Option: Tuna & Cucumber Roll
Garden Peas & Cauliflower
Flapjack made with Organic Oats

Wednesday

Roast Turkey with Gravy
Spinach & Feta Twirl (V)
Cold Option: Chicken Salad Wrap
Mixed Vegetables
Roast Potatoes
Carrot Cake

Thursday

Chicken Casserole with Mash
Quorn Casserole with Mash (V)
Cold Option: Cheese Salad Sandwich (V)
Steamed Broccoli & Baby Carrots
Oaty Peach Crumble with Custard

Friday

MSC* Fish Fingers
Quorn™ Southern Style Patty (V)
Cold Option: Egg Mayo High Fibre Roll (V)
Organic Baked Beans, Sweetcorn & Oven Chips
Homemade Cherry Muffins

Unlimited Salad Bar with a variety of salads from Greek Salad, Coleslaw, Tomatoes, Cucumber, Carrot and Sultana, Pasta Salad and Potato Salads

We do a range of wholemeal, White & Homemade Breads. Drink of the day (Water, Organic Milk or Fruit Juice) and Fresh Fruit

*Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum

Jacket Potato offered daily with a choice of Fillings

